

# New Horizons in Plastic Surgery

*Cosmetic Surgery Institute*

*James Lowe, M.D.*



## Beautiful Skin Makes A Difference

Skin care is an important part of facial rejuvenation and preservation of youth. Most women are already using a number of excellent products that can be purchased without a service fee and that are as good as what a plastic surgeon might sell you. These products along with prescribed medications such as Retin-A, can help you with a self managed skin care regimen.

Patient's should use a facial cleanser twice daily (morning and evening) to remove makeup and environmental products. Toners are acceptable but not absolutely required. A non-acne producing moisturizer should then be applied. We recommend moisturizers which contain sunscreen, SPF 15 or higher. Many great

over the counter brands are available, including Cetaphil Facial Moisturizer, Oil of Olay Complete, Neutrogena Healthy Defense, Aveeno Positively Radiant, and Clinique City Block.

Doctor prescribed medications are then applied as instructed. These products may include a retinoid medication such as Retin-A, Renova, or Tazorac. Most of these products are to be used every other night for the first 2 weeks and then every night as tolerated. If tolerated, the concentration can be slowly increased. These medicines help reduce fine lines and irregularities in pigmentation. They often cause redness and scaling for the first few weeks of use. If the skin response is too great, contact your physi-

cian and discontinue the product.

Patients are encouraged to adjust the regimen based on their particular need and response. Bleaching agents may also be used as instructed. Dermatologic conditions such as severe acne, rosacea, and immunologic conditions are best managed by a dermatologist. It is important for you to inform your plastic surgeon of any known dermatologic conditions.

Managing your skin care with your plastic surgeons recommendations will lead the way to healthy, more beautiful skin.

Call us for a full skin care consultation—314-362-4263.

Self-managed skin care requires continuous assessment and judgment to identify times when further consultation from a professional may be required.

Doctor performed deep skin peels are best undertaken after 2-3 months of skin care preparation

## The Chemical Peel

A chemical peel uses trichloroacetic acid (TCA) in different strengths to penetrate and remove layers of skin. The variance in strength and the amount of time the acid remains on the skin determines how deep the peel goes. Most discomfort will be within the

first 4-8 hours after the peel, while most swelling is within the first 3 days. Ointment or other gel is applied lightly to the area 3 times a day for the first 5 days only. Following this, a 0/5% hydrocortisone cream may be applied to decrease redness and irritation. Crusting

and peeling occurs within 5-7 days. After healing is complete, hypoallergenic moisturizers and cosmetics may be applied and patients need to be extra careful with sun-exposure. After a chemical peel, your skin will look and feel smoother and appear more radiant !